



PRC Parent Meeting

Agenda and Notes

September 27, 2016

6:00 pm

Janet Pomeroy Center

207 Skyline Boulevard San Francisco, CA

Submitted by September Jarrett, PRC Parent Committee

1. Welcome and Framing

- a. PRC's mission is to help young people build healthy minds and bodies
- b. Parents are a vital part of fulfilling the mission, and we appreciate your time today
- c. Parent Survey was conducted over summer to inform plans for this year
 - Identified many strengths, some areas of improvement
- d. Objectives today are to share key logistical information, discuss parent involvement, hear from coaches about their goals for the year, and offer ample time for questions and answers.
- e. Introduction of Parent Committee Members. See website for info and open positions:
<http://pacificrowingclub.org/parent-committee.html>

2. Parent Networking- Lightning Round Pairs

- a. Why PRC? Share the benefits of PRC for your rower.
- b. Closing the Information Gap. Ask each other one question you have about rowing or PRC.
- c. Parent Power. What are the benefits of getting involved? What can you contribute this year?

3. Logistics Low Down

- a. **Race Schedule for the Year** – is posted on the PRC website. Detailed logistics on regattas will be provided at least one week in advance. Please hold the full day for most events. As we receive updated information from event hosts, it will be posted on the events page of our website. <http://www.pacificrowingclub.org/events.html>.
- b. **S.W.J.R.A. Regional Championships are occurring May5 – 7 in Sacramento** on Lake Natoma. Rowers leave on Friday (kids miss a day of school) and return on Sunday. Cost of trip is included in yearly dues for club. Rowers eat and stay together in the same hotel under coach supervision.
- c. **Time off from practice** – Based on feedback from the parent survey, there are longer breaks provided over Thanksgiving and Christmas. For kids in town, there may be optional Captain's Practices. Please note there is no spring break due to different schedules of the various schools. Please plan accordingly as absences during *these times are unexcused and participation in boats will be impacted*.
- d. **Hospitality** - PRC is going green. **Rowers are responsible for bringing their own water bottles to each race or event.** Bottled water will not be provided. Water and Gatorade will be provided. Hospitality is going back to basics this year, focusing on a simpler menu to fuel athletes. Have ideas? Our Hospitality Committee is looking for 3 more volunteers to help plan and organize refreshments and food to fuel our rowers, and sustain our community.

- e. **Race Times** - will be emailed to parents in advance of the regatta. Often entries come in at the last minute. So please be patient and know that the info will be provided to your rower, and sent to you as soon as it is available, whenever possible.
- f. **Rowers depart from the boat house for away regattas** – because we go together as a team. Carpooling is encouraged. Parents are required to drive, rowers are not permitted to drive themselves to and from away regattas. If you have an extra seat, please offer it to a rower in need.
- g. **Communication** - PRC's primary day to day communication is between coaches and rowers. We will periodically send emails to keep you informed of key events or to request your participation in events. The most current information for any event will be on the website. Coach Catherine and Oscar Vazquez has prepared a roster to support communication and carpooling within PRC. Please review and update the draft circulating or on the laptops in the back.

4. The Financial Overview – What to Expect.

- a. **Dues** – cover the day-to-day expenses for PRC including coaching, rent, food for rowers, and event registration fees, as well as the culminating trip to Regionals. Dues are \$3,600 paid in installments due October 1, November 1 and January 1. Payment plans are available. Please contact Joe Mees, General Manager and Treasurer. A discount of \$200 is still available if fees are paid up front before October 1.
- b. **Financial Assistance** – PRC makes available a limited amount of Financial Assistance available to promote access to the program. Awards of up to 50% of dues will be considered. The financial aid application is available on our website, and is due on October 1. The first dues payment of \$1,200 must be made to be eligible for consideration.
- c. **Other Expenses to Anticipate** – All new rowers will need to purchase a competition uniform (\$91 this year), and may have team t-shirt costs of approximately \$20 - \$60. Select rowers may be invited to participate in long-distance regattas such as the Head of the Charles, Husky Open in Seattle (varsity only), or Long Beach Invitational, which will have additional trip costs depending on airline and lodging costs. Subject to availability, some financial aid may be available for away trips for rowers who would not otherwise be able to participate.
- d. **Row-A-Thon** - The first Saturday in December PRC hosts our annual fundraising drive that goes directly towards equipment for the program. It's a community effort, involving each rower and family, working to achieve our financial goal and meet the equipment needs of the club. Each rower will create a webpage, and will solicit donations via email or snail mail from 10 or more potential supporters. Instead of practice, Rowers will write letters and solicit donations via email at our [Row-A-Thon Letter Writing November 14](#). The Row-A-Thon will be held December 3. Rowers will write thank you letters for all donations received on January 9th. Start thinking now about who might contribute to your rower's goal– family, friends, employers, and more. PRC accepts matching gifts from employers.

5. Parent Involvement: As a nonprofit focused on the youth athletes, PRC relies on parents pitching in. We ask each parent to volunteer 15 – 20 hours a year and there are a variety of ways to help out based on your skills, interests and availability. And we try and have a good time, too. Our bench is thin at the moment, and we have several leadership positions we hope you will consider:

- a. **Leadership Positions** – help shape PRC's parent committee and culture of involvement. We have three positions available:
 - **Vice President** – help lead the parent committee in support of the athletes and coaches, in preparation for becoming President.

- **Volunteer Coordinator** – help involve parents and connect them to what needs to be done. This is primarily a computer based position – fielding information via email and managing PRC’s SignUp Genius for connecting parents to what coaches and rowers need.
- **Hospitality Committee** – Help plan food/refreshments, shop for provisions, and identify the parent power need to fuel rowers and the community for regattas and events. 3 positions open.
- **Merchandising Coordinator** - organize sales of PRC and other merchandise at home regattas
If your fall is busy and you think you might have more bandwidth in spring, please consider:
- **Regatta Logistics Coordinator** – help organize two home regattas in spring (Feb 18; March 25)
- **Webmaster Assistant** – Shadow the webmaster, learn the ropes in preparation for becoming webmaster in 2017-2018.
- **Finish Line Captain** – Shadow the finish line captain, learn the ropes, in preparation for becoming Finish Line Captain in 2017-2018.

- b. Event Volunteering** –The events of throughout the season rely on parent power to set- up, clean-up and provide hospitality to rowers. Our fall events include the head races, Community Service Day, and Row-A-Thon. In spring, for events we host here at Lake Merced, we also need assistance with a range of activities such as bake sale, merchandise sale, traffic, finish line, and bathrooms. We use SignUp Genius to communicate the volunteer needs and shifts available to make it easy and manageable. If everybody does a little, all the kids benefit.

Please contact September if you would like to volunteer for or learn more about these positions
(septemberjarrett@comcast.net)

6. Coaches Introductions

- a. Joe Mees – General Manager, Treasurer, Co-Founder
- b. Mike Knapp – Head Men’s Coach
- c. Catherine Hicks – Novice Men’s Coach
- d. Julian Stephanski – Assistant Men’s Coach
- e. Emmie Koenig - Head Women’s Coach
- f. Rich Wendling, Novice Women’s Coach
- g. Kate Girlich– Assistant Women’s Coach

7. Coaches Remarks

- a. Head coaches articulate goals for the year; and how the success of the season will be measured.
- b. Assistant coaches will share what the squads are working on now to achieve these goals.

8. Questions and Answers

Handouts:

2016-2017 Schedule (Subject to Change)

Dues Overview

Volunteer Sign Ups

Roster Will Circulate in Paper and On Laptops for Updates and Corrections